

TOWN OF LEXINGTON SUMMER 2015 PROGRAM BROCHURE

Recreation and Community Programs Department



39 Marrett Road, Lexington, MA 02421 (after early June)

OFFICE: 781-698-4800

FAX: 781-861-2747

Cancellation Line: 781-698-4810

Email: recdept@lexingtonma.gov

www.lexingtonma.gov/recreationdepartment.cfm

**ONLINE REGISTRATION AVAILABLE at:
www.lexingtonma.gov/recreationdepartment.cfm**

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REGISTER ONLINE AT: www.lexingtonma.gov/recreationdepartment.cfm

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PRE-REGISTRATION IS REQUIRED FOR ALL DEPARTMENT PROGRAMS

The registration deadline for summer youth programs is 12:00 Noon the Friday before the start of the program. Should a program not achieve the minimum number of participants required to financially support the activity, the program will be cancelled and registrants will be notified by email and a full refund or credit will be given.



April, 2015

Dear Lexington Residents,

Welcome to the Summer 2015 Program Brochure. You may have noticed a few changes in recent months. In February, the Recreation Department was reorganized and renamed the Department of Recreation and Community Programs, which will now be comprised of 3 Divisions: Recreation, Pine Meadows Golf Course and the Community Center. The Department of Recreation and Community Programs and the Department of Human Services will be relocating their offices to the Lexington Community Center located at 39 Marrett Road in June.

It is with great excitement that I provide you with a brief report on the new Lexington Community Center. Over the past year and a half, there has been extensive work done by the Ad-Hoc Community Center Committee and Town staff. In September 2014, the Town held a well-attended ground-breaking, and the renovations have been underway since that time. The project appears on track for an early June opening.

The hours of operation for the new Center will be phased in with a soft opening through the summer, offering existing programs and services. After Labor Day, the operating hours will expand to Monday–Friday, 8AM to 9PM and Saturdays 9AM to 5PM.

The customer service counter at the Center will provide support for both the Department of Human Services and the Department of Recreation and Community Programs, allowing for one-stop shopping and seamless services.

The Center will allow the Town to expand its current services, broaden the scope, variety and content of programs, provide a caring and inclusive environment for residents of all ages, abilities and cultures, build community awareness, and promote healthy lifestyles through socialization and education.

Programming at the Center will facilitate intergenerational and multi-cultural social, physical, health and wellness opportunities for all of Lexington's diverse population. The Center will have a balance of wellness programming for all ages and abilities. Staff will collaborate and partner with other Town departments, community organizations and residents to offer a varied menu of courses and activities.

The Center will also have casual drop-in space so you can meet your friends to grab a cup of coffee, play table tennis, billiards, table games, exercise in the cardio-fitness room, or just sit and talk. The Center will serve as a hub for community connections, collaborations and volunteerism.

The Human Services Department, which will be located within the Community Center will continue to offer their Outreach programs and services for Seniors, Veterans, Youth and Families, Lexpress and Transportation Services. Residents will find that traditional Muzzey Senior Center programming has a home at the Community Center. Human Services will continue to offer and expand lifelong learning classes and lecture programs offered to include evidenced based healthy aging programming, discussions and support groups, health education classes, wellness screenings and educational forums designed to support healthy lifestyles, and nutrition services for seniors including Meals on Wheels. The popular Fix It Shop and Windowpane Shop will be open for business at the Community Center, so you can fix that favorite lamp or find a bargain!

Please join us at the new Lexington Community Center located at 39 Marrett Road, once we move. We will have a multitude of exciting programs for all ages and abilities. Make new friends, learn new skills or improve on existing ones. Qualified and caring staff will guide you through your program every step of the way!

I look forward to seeing you there!

Sincerely,

Karen

Karen Simmons, CTRS, CPRP
Director of Recreation and Community Programs



GENERAL INFORMATION

Mission Statement

The Department of Recreation and Community Programs strives to provide affordable, quality programs meeting the needs of the community. The Department is committed to providing active and passive leisure opportunities that are educational, fun and life-enriching. The Department promotes participation by all Lexington residents in safe, accessible and well-maintained facilities.

Recreation Committee

Rick DeAngelis, Chairman
Sandra Shaw
Wendy Rudner
Lisah Rhodes
Ruixi Yuan

Staff

Karen Simmons, CTRS, CPRP—Director of Recreation and Community Programs
Sheila Butts — Assistant Director
Peter Coleman, CPRP, CPSI — Recreation Supervisor
Melinda Corssino—Administrative Assistant
Cherie Robinson—Department Clerk

Enterprise Fund

In 1991, the Recreation Department began to operate as an Enterprise Fund whereby program and facility fees cover the cost of operations. As such, the operating budget may increase or decrease year to year to meet changes in enrollment and facility use demands. In 2015, the Recreation Department was reorganized and renamed the Department of Recreation and Community Programs (Recreation, Pine Meadows Golf Club and Lexington Community Center). The Director of Recreation and Community Programs, through the Recreation Committee, will continue to set fees with the approval of the Board of Selectmen. The operating budget supports staff who manage and deliver programs along with the supplies needed to operate those programs. Revenue generated also helps fund Capital Improvement Projects and financially supports other Town services through indirect transfers provided by other Town Departments for the Recreation Division and the Pine Meadows Golf Club Division. The Fund also contributes \$100,000 towards the debt payment for Lincoln Park.

Registration Information

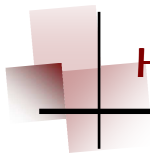
Online registration is the **preferred method and strongly recommended** for all programs except swim tag sales. Go to: www.lexingtonma.gov/recreationdepartment.cfm. We also accept walk-in registration and mail-in registration as long as space is available. Feel free to familiarize yourself with the website prior to registration. Registration is first come, first served and 100% of all program spaces are available online for Spring and Summer programs. There is a \$5.00 (youth) or \$10.00 (adult) additional fee for non-resident program registrations. We accept cash, check, MasterCard, VISA, or Discover for mail-in or walk-in registration; credit cards only for online registration.

Refund Policy

The Lexington Recreation and Community Programs Department reserves the right to cancel, postpone, or combine programs. Every effort will be made to notify participants if a program has been cancelled, changed, postponed or relocated due to space availability. Programs are subject to change in personnel. The Recreation and Community Programs Department does not confirm program registrations. **You must be pre-registered to attend all programs.**

- All refunds will be issued in the form of a check from the Town Treasurer's Office. **Refunds to credit cards are not permitted.** Please allow 3–4 weeks for processing of refunds.
- If insufficient enrollment causes an activity to be cancelled, participants will receive a full refund.
- Refunds, less the minimum \$10.00 non-refundable deposit*, may be given to a participant who withdraws from a program **two weeks** or more prior to the start of the program. To be eligible for a refund, the request must be in the form of a letter or email to the Recreation Department stating the reason for withdrawing and the participant's name and address.
- Refunds may be given for medical reasons which arise less than two weeks prior to the start of a program. To be eligible for such a refund, the request must be in the form of a letter to the Recreation and Community Programs Department, accompanied by a physician's letter. The minimum \$10.00 non-refundable deposit* will be deducted from the refund. In the event that a medical issue arises after the start of a program, the refund may be prorated.
- In the event of weather cancellations the Recreation and Community Programs Department will offer make-up sessions. Refunds or credits will not be given if make-up classes are scheduled and held, but a participant is unable to attend.
- Participants who withdraw from a program five business days prior to the start of a program may receive a **credit**, less the minimum \$10.00 non-refundable deposit*, towards another program provided that space is available.
- Participants who withdraw from a program less than five business days prior to the start of the program are **not eligible for a refund or credit** as program expenses (staffing and supplies, etc.) will have been incurred. Refunds or credits will not be given for early termination of a program by the participant.
- **Program Transfers**—If space allows, participants will be permitted to switch/transfer to another class or program. A \$10.00 processing fee will be assessed and must be paid by check or cash, when requesting the transfer. Should the program the participant is transferring into have a higher fee, he/she will be expected to remit the transfer fee and the difference at the time of requesting the transfer.

* **Please note:** Some programs have a different minimum deposit or refund/credit policy, which are noted in the brochure.



HELPFUL PHONE NUMBERS AND WEB SITES

Recreation Division	recdept@lexingtonma.gov	(781) 698-4800
Online Program Registration	www.lexingtonma.gov/recreationdepartment.cfm	
Program Recorded Information & Cancellations		(781) 698-4810
Recreation Division Facebook Page	www.facebook.com (search Lexington, MA Recreation Department)	
Battle Green Tennis League	www.battlegreentennis.com	
Coed Softball	pcoleman@lexingtonma.gov	
Lexington—Bedford Youth Hockey	www.lbyh.net	
LBH Pop Warner Football	www.lbhpopwarner.com	
Lexington Babe Ruth League	www.lexington.baberuthonline.com	
Lexington Blue Sox	www.lexingtonbluesox.com	
Lexington Chamber of Commerce	www.lexingtonchamber.org	(781) 862-2480
Lexington Coed Adult Soccer	franco.diaz@att.net	
Lexington Community Education	www.lexingtoncommunityed.org	(781) 862-8043
Lexington Cricket League	www.lexcricket.org	
Lexington Little League	www.lexingtonlittleleague.org	
LEX FUN (formerly Lexington Preschool PTA)	www.lexfun.org	
Lexington Human Services Department	www.lexingtonma.gov	(781) 861-0194
Lexington Youth Basketball	www.lexhoops.com	
Lexington Youth Lacrosse	www.lexingtonlax.org	
Lexington United Soccer Club	http://lexingtonunited.org	
Lexpressas Women over 40 Soccer	www.lexpressas.org	
Pine Meadows Golf Club	www.lexingtonma.gov	(781) 862-5516
Men's Senior Softball	lexsoftball@gmail.com	
Men's Summer Basketball	pcoleman@lexingtonma.gov	
Mom's on the Mound	sbutts@lexingtonma.gov	
Special Needs Arts Programs, Inc.	info@Snapsing.org	
Visitor's Center		(781) 862-1450

2015 SWIM LESSON DESCRIPTIONS & TIMES

American Red Cross Swimming & Water Safety "Learn to Swim" Classes Information

IRVING H. MABEE TOWN POOL SWIM SESSIONS FOR 2015 SEASON

SESSION 1: WEDNESDAY, JUNE 24—Friday, JULY 3

SESSION 3: Monday—Friday, JULY 20 – 31

SESSION 2: Monday—Friday, JULY 6 – 17

SESSION 4: Monday—Friday, AUGUST 3 – 14

ALL PARTICIPANTS MUST HAVE A SWIM TAG!

ONLINE SWIM LESSON REGISTRATION WILL BEGIN ON MONDAY, APRIL 27TH AND WILL BE ACCEPTED THROUGHOUT THE SUMMER. MAIL-IN SWIM LESSON REGISTRATION WILL BE ACCEPTED FROM MONDAY, APRIL 27TH-FRIDAY, JUNE 5TH ONLY! IN-PERSON SWIM LESSON REGISTRATION AT THE TENNIS BOOTH WILL NO LONGER BE OFFERED.

Participants can register for an UNLIMITED number of sessions before the start of the summer. If a child is registered for an unsuitable level (i.e. has not passed the previous level), he or she will be transferred into the appropriate level class if space is available. A \$10.00 transfer fee will be charged and must be paid before the child is able to participate. Swim lesson registration will close at 7:00pm on the Friday before each session starts. No additional registrations will be accepted after this time.

Parent & Child Level 1 For children 1 and 2 years old. Designed to orient children to the water and teach elementary swimming skills, this class also teaches parents the proper techniques in instructing their child. **ONE PARENT PER CHILD. Parent must have a swim tag. A swim tag is not required for the infant. Maximum 10**\$40.00
Lesson Times: 10:15–10:45 a.m. / 4:45–5:15 p.m. (Wading Pool) (\$32.00 for Session 1)

Parent & Child Level 2 For children 3 to 5 years old. Designed to orient children to the water and teach elementary swimming skills, this class prepares children for a more structured swim lesson and teaches parents the proper techniques in instructing their child. **ONE PARENT PER CHILD. Both parent and child must have a swim tag. Maximum 10.**\$40.00
Lesson Times: 11:25–11:55 a.m. / 5:20–5:50 p.m. (Wading Pool) (\$32.00 for Session 1)

Preschool Aquatics For children 3 to 5 years of age. This is not a parent/child swim class. Child must be ready to leave parent. Child must be able to submerge face and be comfortable in the water to register for this class. **Maximum 10.**\$40.00
Lesson Times: 10:50–11:20 a.m. / 4:45–5:15 p.m. (Wading Pool) (\$32.00 for Session 1)

Level 1 - Introduction to Water Skills For children at least 5 years old. *Helps student feel comfortable and safe in the water.* Basic water safety rules ~ Swimming on front and back using arm and leg actions ~ Using a life jacket ~ Recognizing a swimmer in distress and getting help ~ Submerging mouth, nose and eyes ~ Exhaling under water ~ Opening eyes underwater and picking up submerged object ~ Floating on front and back. **Maximum 10.**\$40.00
Lesson Times: 9:00–9:30 a.m. (Session 1 ONLY) / 10:15–10:45 a.m. / 10:50–11:20 a.m. / 5:20–5:50 p.m. / 6:30–7:00 p.m. (\$32.00 for Session 1)

Level 2 – Fundamental Aquatic Skills For children who have passed Level 1. *Gives student success with the fundamental skills.* Moving in the water while wearing a life jacket ~ Recognizing a swimmer in distress and getting help ~ Submerging entire head ~ Bobbing in the water ~ Front and back glide ~ Jellyfish float ~ Treading water using arm and leg motions ~ Swimming using combined stroke on front and back. **Maximum 10.**\$40.00
Lesson Times: 9:40–10:10 a.m. / 10:15–10:45 a.m. / 11:25–11:55 a.m. / 4:45–5:15 p.m. / 5:40–6:10 p.m. / 6:30–7:00 p.m. (\$32.00 for Session 1)

Level 3 – Stroke Development For children who have passed Level 2. *Builds on the skills in Level 2 by providing additional guided practice.* Reaching assist ~ Kneeling or standing dive (shallow dive progression) ~ Submerging and retrieving an object ~ Rotary breathing in horizontal position ~ Flutter, scissor, dolphin, and breaststroke kicks ~ Survival float, back float ~ Front crawl and elementary backstroke. **Maximum 10.**\$40.00 (\$32/Session 1)
Lesson Times: 9:00–9:30 a.m. / 9:40–10:10 a.m. / 10:15–10:45 a.m. / 10:50–11:20 a.m. / 4:30–5:00 p.m. / 5:20–5:50 p.m. / 6:15–6:45 p.m.

Level 4 – Stroke Improvement For children who have passed Level 3. *Develops confidence in the skills learned and improves other aquatic skills.* Safe diving rules ~ Throwing assist ~ Dive from a stride position or shallow dive ~ Feet-first surface dive ~ Survival float, back float ~ Front and back crawl ~ Elementary backstroke, breaststroke, sidestroke, and butterfly. **Maximum 10.**\$40.00
Lesson Times: 9:00–9:30 a.m. / 9:40–10:10 a.m. / 11:25–11:55 a.m. / 5:05–5:35 p.m. / 5:55–6:25 p.m. (\$32.00 for Session 1)

Level 5 – Stroke Refinement For children who have passed Level 4. *Provides further coordination and refinement of strokes.* Performing rescue breathing ~ Standing dive (diving progression) ~ Tuck surface dive and pike surface dive ~ Open turns on front and back ~ Front flip turn and backstroke flip turn ~ Front and back crawl ~ Elementary backstroke, butterfly, breaststroke, sidestroke. **Maximum 12.**\$40.00
Lesson Times: 9:40–10:10 a.m. / 11:25–11:55 a.m. / 5:55–6:25 p.m. (\$32.00 for Session 1)

Level 6 – Swimming and Skill Proficiency For children who have passed Level 5. Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options. Each of these options focuses on preparing students to participate on swim teams and in more advanced courses, such as Water Safety Instructor and Lifeguard Training. These options include:

Level 6 Personal Water Safety – Introduction to water safety. Participants will learn self-rescue techniques while clothed, swimming while clothed, basic safety rules for open water and boating, and increase endurance using various strokes. **Maximum 12.**\$40.00
Lesson Times: 9:00–9:30 a.m. / 10:50–11:20 a.m. – Sessions 1 and 4; 5:55–6:25 p.m. – Session 3 only. (\$32.00 for Session 1)

Level 6 Fitness Swimmer – Introduction to fitness swimming. Participants will learn to use a pull buoy while swimming, demonstrate etiquette in fitness swimming, principles of setting up a fitness program, principles of water exercise, and to increase endurance using various strokes. **Maximum 12.**\$40.00

Lesson Times: 9:00–9:30 a.m. / 10:50–11:20 a.m. – Session 2 only; 5:55–6:25 p.m. – Sessions 1 and 4. (\$32.00 for Session 1)

Level 6 Fundamentals of Diving – Introduction to the fundamentals of diving. Participants will learn basic stretching exercises for diving, forward dive fall-in from diving board, approach and hurdle, forward dive (tuck & pike position), and forward jump (tuck position). **Maximum 12.**\$40.00

Lesson Times: 9:00–9:30 a.m. / 10:50–11:20 a.m. – Session 3 only; 5:55–6:25 p.m. – Session 2 only.

SPECIALTY AND ADVANCED SWIM PROGRAMS

Adaptive Aquatics For individuals with special needs. This program is designed for small group instruction at all levels. If a one-on-one is required, parents should be prepared to participate in the class with their child. Swim tag required. **Maximum 6.**\$40.00

Class schedule: **Tuesday & Thursday 6:30 – 7:00 p.m.** (**\$30.00 for Session 1**)

Session 1: June 25 – July 2

Session 3: July 21 – July 30

Session 2: July 7 – July 16

Session 4: August 4 – August 13

Adult Instruction Small group instruction for adults. This course is offered for beginners and for those who wish to improve their swimming skills. Swim tag required. **Maximum 6.** \$45.00

Class schedule: **Monday & Wednesday 6:30 – 7:00 p.m.**

Session 1: June 24 – July 15

Session 2: July 20 – August 12

Adult Aqua-Aerobics These 45-minute classes, which run Monday through Thursday, use the resistance and refreshment of water to help increase your body's circulation, respiration, and muscular and cardiovascular strength. Every level is welcome. **No charge, but a swim tag is required.**

Class schedule: **Monday – Thursday, June 24 – August 13 12:00 – 12:45 p.m.**

Junior Lifeguarding This program (formerly called GuardStart) is designed to give swimmers age 12 to 14 a jump-start into a lifeguarding job. Junior Lifeguarding provides a foundation of lifeguarding and life skills. For those with swimming skills who have passed Red Cross Level 5, the program is an ideal transition between Red Cross Learn-to-Swim and the Lifeguard Training Course. Junior Lifeguarding focuses on five key areas: Prevention of aquatic accidents, fitness and swimming skills, response in an emergency, leadership skills, and professionalism of a lifeguard. **Maximum**

Class schedule: **Monday – Thursday, 6:00 – 7:00 p.m.** \$75.00 (with a swim tag) or \$85.00 (without a swim tag)

Session 2: July 6 – July 16

Session 4: August 3 – August 13

Water Safety Instructor Aide Program for those 13 years of age or older who have passed Level 5 or above (required for employment as a Water Safety Instructor Aide at the Town Pool).

Maximum 8. \$75.00 (with a swim tag) or \$85.00 (without a swim tag)

Class Schedule: **Monday – Thursday, 5:00 – 7:00 p.m.**

Session 3: July 20 – July 30

Lifeguard Training Teaches swimming and lifesaving skills. Student must be at least 15 years old and be a strong swimmer. **PRETEST IS REQUIRED (given at any public swim time upon request).** Pretest consists of: swim 500 yards (20 laps) continuously using front crawl, side stroke, on back using inverted breast or scissors kick and breaststroke; dive in good form from surface to a minimum of 9 feet and bring a #10 diving brick to the surface, surface dive to a minimum of 5' and swim underwater 15 yards. Participants must also pass the Community First Aid & Safety and Adult CPR/FPR components of this course prior to issuance of LT Certificate.

Maximum 8. \$225.00 (with a swim tag) or \$250.00 (without a swim tag)

Class Schedule: August 3 – August 14 (anticipated dates and times listed below)

Monday, August 3: 5:00-7:00 p.m.; Tuesday–Friday, August 4–7: 4:00–7:30 p.m.;

Saturday, August 8: 9:00 a.m.–12:00 noon and 1:00–4:00 p.m.; and Monday–Friday, August 10–14: 4:00–7:00 p.m.

SWIM TEAM – Weekday workouts for those who have passed Level 3 or above and are interested in competition. Weekly meets will be conducted, usually between 3:00 – 6:00 p.m. **Registrations will be accepted by online registration, by mail until June 6th. SPACE IS LIMITED ~ REGISTER EARLY! A swim tag is required.**

Swim Team Schedule:

Ages 10 and under

Monday – Thursday 4:30 – 5:15 p.m.

Ages 11 and up

Monday – Thursday 5:15 – 6:00 p.m.

Entire Summer: June 24 – August 13, 2015

Fee: \$160.00

Two week session:

Fee: \$ 50.00 (\$38.00 for Session 1)

Session 1: June 24 – July 2

Session 3: July 20 – July 30

Session 2: July 6 – July 16

Session 4: August 3 – August 13

MAIL-IN SWIM LESSON REGISTRATION

APRIL 27—JUNE 5 ONLY

(registrations received after June 5 will be returned)

Last Name _____ First Name _____

Address _____ Town/Zip _____

Home Phone _____ Work _____ Cell _____

Email Address (please print): _____

Emergency Contact (Name & Phone) _____

D.O.B. _____ Age _____ Grade as of 9/15 _____ Male ☐ Female ☐

You can register for an UNLIMITED number of swim lesson sessions before the start of the summer. There are no restrictions as in previous years. If a child is registered for an unsuitable level (i.e. has not passed the previous level) he or she will be transferred into the appropriate level class if space is available. A \$10.00 transfer fee will be charged and must be paid before the child is able to participate. Swim lesson registration will close at 7:00pm on the Friday before each session starts. No additional registrations will be accepted after this time. No confirmation will be sent. You will be notified only if your choice is unavailable. **REFUNDS ARE NOT GIVEN.**

I/We, the parent(s)/guardian(s) of _____ a minor, or I, _____ the participant, hereby consent to his/her participation in the Town of Lexington Recreation Department programs, pictures to be taken of my/our child for advertisement and/or promotion of program and to his/her use of the recreational facilities and equipment of the Town of Lexington. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorneys from any and all liability or expenses arising out of any incident involving, or on account of any injury to the above named minor in connection with such program, hereby give permission to the Town of Lexington Recreation Department staff to provide and administer immediate first aid and authorize a physician at a local hospital to secure proper treatment for my/our child as named above if the need arises.

Participant's Signature _____ Date _____
(Parent/Guardian Signature required if participant is under 18)

Please print Parent/Guardian Name: _____

Please check the session and lesson you are registering for.

Session 1: ☐ **Wednesday, June 24— Friday, July 3** Session 3: ☐ **July 20—31 (Mon.—Fri.)**

Session 2: ☐ **July 6—July 17 (Mon.—Fri.)**

Session 4: ☐ **Aug. 3—Aug. 14 (Mon.—Fri.)**

Classes

Times

Parent & Child Level 1	<input type="checkbox"/> 10:15—10:45	<input type="checkbox"/> 4:45—5:15	SWIM TAG #: _____		
Parent & Child Level 2	<input type="checkbox"/> 11:25—11:55	<input type="checkbox"/> 5:20—5:50			
Preschool Aquatics	<input type="checkbox"/> 10:50—11:20	<input type="checkbox"/> 4:45—5:15			
Level 1	<input type="checkbox"/> 9:00—9:30 (Ses. 1 ONLY)	<input type="checkbox"/> 10:15—10:45	<input type="checkbox"/> 10:50—11:20	<input type="checkbox"/> 5:20—5:50	<input type="checkbox"/> 6:30—7:00
Level 2	<input type="checkbox"/> 9:40—10:10	<input type="checkbox"/> 10:15—10:45	<input type="checkbox"/> 11:25—11:55	<input type="checkbox"/> 4:45—5:15	<input type="checkbox"/> 5:40—6:10
Level 3	<input type="checkbox"/> 9:00—9:30	<input type="checkbox"/> 9:40—10:10	<input type="checkbox"/> 10:15—10:45	<input type="checkbox"/> 10:50—11:20	<input type="checkbox"/> 4:30—5:00
Level 4	<input type="checkbox"/> 9:00—9:30	<input type="checkbox"/> 9:40—10:10	<input type="checkbox"/> 11:25—11:55	<input type="checkbox"/> 5:05—5:35	<input type="checkbox"/> 5:55—6:25
Level 5	<input type="checkbox"/> 9:40—10:10	<input type="checkbox"/> 11:25—11:55	<input type="checkbox"/> 5:55—6:25		
Level 6 Personal Water Safety	<input type="checkbox"/> 9:00—9:30	<input type="checkbox"/> Sessions 1 & 4	<input type="checkbox"/> 10:50—11:20	<input type="checkbox"/> Sessions 1 & 4	<input type="checkbox"/> 5:55—6:25
Level 6 Fitness Swimmer	<input type="checkbox"/> 9:00—9:30	<input type="checkbox"/> Session 2	<input type="checkbox"/> 10:50—11:20	<input type="checkbox"/> Session 2	<input type="checkbox"/> 5:55—6:25
Level 6 Fundamentals of Diving	<input type="checkbox"/> 9:00—9:30	<input type="checkbox"/> Session 3	<input type="checkbox"/> 10:50—11:20	<input type="checkbox"/> Session 3	<input type="checkbox"/> 5:55—6:25
Swim Team (full season):	<input type="checkbox"/> Ages 10 and under	<input type="checkbox"/> 4:30—5:15 p.m.	- All Summer registration (\$160)		
(Monday—Thursday)	<input type="checkbox"/> Ages 11 and up	<input type="checkbox"/> 5:15—6:00 p.m.	- All Summer registration (\$160)		
Swim Team (two week session):	<input type="checkbox"/> Ages 10 and under	<input type="checkbox"/> 4:30—5:15 p.m.	- Two week session Please check session		
(Monday—Thursday)	<input type="checkbox"/> Ages 11 and up	<input type="checkbox"/> 5:15—6:00 p.m.	- Two week session Please check session		

Other Classes (Adaptive, Adult, Junior Lifeguarding, Lifeguard Training, WSI Aide) Class _____ Date/Session _____

Type of Payment: ☐ VISA ☐ MASTERCARD ☐ DISCOVER ☐ CHECK ☐ CASH

Card Account Number: _____ Expiration Date: _____

Cardholder Signature: _____

Make checks payable to: **TOWN OF LEXINGTON** and mail with registration form to: Recreation & Community Programs
1625 Massachusetts Avenue
Lexington, MA 02420

SWIMMING IN LEXINGTON

SWIM TAG REGISTRATION 2015

The Recreation and Community Programs Department operates two outdoor swimming facilities during the summer months. The opening date for both facilities is June 6, 2015. The **Old Res**, located on Marrett Road is a fresh water pond with a sandy beach. Open seven days per week from 10:30 a.m. to 7:00 p.m., it is a favorite place for families and children. The **Irving H. Mabee Town Pool Complex**, located on Worthen Road at the Center Recreation Complex, is also open seven days per week. On weekdays, a variety of programs including American Red Cross swim lessons, adult lap swim, adult aqua aerobics, and Swim Team share pool space, but generally the public swim hours are weekdays 12:45–4:30 p.m. and 7:00–8:45 p.m. **Swim lesson information and registration procedures and dates will be included in the summer program brochure, published in late April.**

The Recreation and Community Programs Department sells season memberships to the aquatics facilities. The **swim tag** is valid at both the Old Res and Town Pool. Residents may opt to pay a daily fee instead of purchasing a swim tag. **Swim tags will be sold at the Recreation and Community Programs Department Office, 8:30 a.m.—4:00 p.m. Monday through Friday, March 2nd—June 5.** Swim tags can also be purchased at the **Tennis Booth**, which is located next to the Town Pool bath house. The dates and times for the Tennis Booth are as follows:

- | | | |
|------------------------|-------------------|----------------------|
| • May 11th—June 5th | Monday—Friday | 4:30 p.m.—7:30 p.m. |
| • June 8th—June 19th | Monday—Friday | 3:00 p.m.—7:30 p.m. |
| • June 22nd—July 2nd | Monday—Friday | 1:00 p.m.—7:30 p.m. |
| • July 3rd | Friday | 10:00 a.m.—2:00 p.m. |
| • July 6th—August 14th | Monday—Friday | 4:30 p.m.—7:30 p.m. |
| • May 9th—August 16th | Saturday & Sunday | 10:00 a.m.—2:00 p.m. |

As of June 6th, all swim tags must be purchased at the Tennis Booth. Swim tags will also be available for purchase at **Discovery Day in Lexington on Saturday, May 23rd.**

Purchase your swim tags early. Do not wait for the first hot day of the summer!

2015 SWIM TAG FEES:	\$ 50.00	Senior adult (age 62+)
	\$ 75.00	Individual (ages 3—61)
	\$225.00	Resident family (two adults & all children ages 3—18 residing full-time in the same household)
	\$375.00	Non-resident family (SOLD OUT)
	\$ 150.00	Non-resident individual (SOLD OUT)
	\$ 25.00	Replacement for lost swim tag

2015 DAILY FEES:	\$5.00 per person	Resident youth, adult, and senior adult and each guest
	\$20.00	Resident family maximum at Town Pool or Old Res
	\$6.00 per person	Non-resident youth, adult, and senior adult at Old Res ONLY
	\$24.00	Non-resident family maximum at Old Res ONLY

NO REFUNDS OR CREDITS ARE GIVEN FOR THE PURCHASE OF SWIM TAGS!



SUMMER ADULT PROGRAMS

CPR FOR THE PROFESSIONAL RESCUER RECERTIFICATION

Participants **MUST** bring their book, pocket mask and current Red Cross certification card with them to class. **Department employees receive a discount when registering for these classes. Summer staff must call the Recreation Department at 781-698-4800 to register at the employee rate.*

Fee: \$100
Date: Tuesday OR Wednesday,
May 5 OR May 6
Time: 6:00—10:00 p.m.
Location: Town Office Building

FIRST AID/CPR/AED FOR THE WORKPLACE

The purpose of this course is to train individuals in the skills necessary to recognize and provide basic care for victims of illness and sudden injuries, and to provide basic care for life threatening or cardiac emergencies in adults and children. **Department employees receive a discount when registering for these classes. Summer staff must call the Recreation Department at 781-698-4800 to register at the employee rate.*

Fee: \$130
Dates: Tuesday and Thursday
June 9 AND June 11
Time: 6:00—10:00 p.m.
Location: Town Office Building

CPR/AED RECERTIFICATION

Participants must bring their book and current CPR Certification Card with them. **Department employees receive a discount when registering for these classes. Summer staff must call the Recreation Department at 781-698-4800 to register at the employee rate.*

Fee: \$90
Date: Thursday, June 18
Time: 6:00—10:00 p.m.
Location: Town Office Building

FIRST AID BASICS

The purpose of this course is to train individuals in the skills necessary to recognize and provide basic care for victims of illness and sudden injuries until advanced medical personnel arrives. **Department employees receive a discount when registering for these classes. Summer staff must call the Recreation Department at 781-698-4800 to register at the employee rate.*

Fee: \$90
Date: Tuesday, May 19
Time: 6:00—10:00 p.m.
Location: Town Office Building

WOMEN'S FITNESS BOOT CAMP

This popular 8-week fitness program designed specifically for women will incorporate upper and lower body weight exercise as well as cardiovascular activities. Band work and many body weight exercises will be included. Paul McManus returns to lead this program. All levels of ability are welcome with a doctor's certificate. Women should bring a jump rope, thin exercise mat and two 5—10 lb. hand weights.

Fee: \$130/2 days per week
\$70/1 day per week
Ages: 21+
Dates: Tuesday and /or Thursday
July 7—August 27
Time: 6:00—7:00 a.m.
Location: Lincoln Park Field #1

EVENING YOGA

Join certified instructor Keith Herndon in this physically balancing workout of Yoga. Yoga is famous for harmonizing mind and body through stretching, breathing, deep relaxation, range of movement, and a calm inner focus. Participants should bring a yoga mat and water bottle.

Fee: \$80
Ages: 16+
Dates: Tuesdays, July 16—August 4
Time: 7:30—8:30 p.m.
Location: Town Office Building



LIFETIME PROGRAMS AT THE COMMUNITY CENTER

60+ FITNESS

This class offers a total body fitness by offering exercises for flexibility, toning, balance, endurance and stretching. There are movements to warm up muscle groups and to relax the mind and body. Free weights are used to promote upper and lower body strength. Resistance bands enhance flexibility training. About 10 minutes of this hour long class is spent doing cardio exercises to build endurance.

Fee: \$54
Dates: 8 Mondays and
Wednesdays
July 6—August 24
Time: 9:45—10:45 a.m.
Location: Community Center

BEGINNER YOGA

These classes offer traditional yoga practices, including breathing exercises, movements and poses (postures), relaxation techniques, and meditation. This **beginner** level class is designed primarily for those over age 60, including individuals who may have some physical limitations or challenges. Careful attention is paid to warming up while sitting in chairs prior to standing and, eventually, sitting and lying on floor mats. Individuals are encouraged to move slowly and go at their own pace. Modifications to exercises are provided, as needed, to meet the unique needs of participants. Goals include increased flexibility, strength, circulation, relaxation, peace of mind, and overall wellness.

Fee: \$54
Dates: 8 Mondays,
July 6—August 24
Time: 2:45—3:50 p.m.
Location: Community Center

SEATED STRENGTH TRAINING

This seated class is designed to accommodate individuals of various fitness levels and can be adapted to meet the needs of any participant. The class begins with a thorough warm-up of joints and muscles, and is followed by strength training exercises for all of the major muscle groups of the body using hand weights, resistance bands and body weight. The class concludes with stretching exercises to increase flexibility.

Fee: \$54
Dates: 8 Tuesdays & Thursdays,
July 7—August 27
Time: 11:00 a.m.—12:00 p.m.
Location: Community Center

FITNESS FRIDAYS

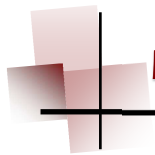
This class is designed for residents 60+ with a combination of fitness and yoga. The goal is to improve balance and tone by involving all major muscles of the body. The class uses weight bearing exercises to reduce and prevent osteoporosis and increase overall wellness.

Fee: \$24
Dates: 8 Fridays,
July 10—August 28
Time: 10:00—11:00 a.m.
Location: Community Center

LINE DANCING

This popular program teaches a variety of line dances to participants. The instructor demonstrates movements and the class carries out the movements to music.

Fee: \$15
Dates: 5 Thursdays,
July 9—August 13
(no class July 30)
Time: 1:30—2:30 p.m.
Location: Community Center



LIFETIME PROGRAMS AT THE COMMUNITY CENTER

TAI CHI

Tai Chi is a 4,000 year old art of meditation and motion. It promotes physical, mental and emotional health by promoting movement relaxation and self defense. Tai Chi warms up muscles and internal organs, promotes safety, loosens joints, improves energy efficiency, enhances breathing and improves posture.

Fee: \$36
Dates: 8 Wednesdays,
July 8–August 26
Time: 1:30–2:30 p.m.
Location: Community Center

BRIDGE INSTRUCTION

Have you always wanted to learn how to play bridge or brush up on your bridge skills? If so, come join us for an 8-week program with Bob Gaudet, expert bridge player and instructor to learn?

Fee: TBD
Dates: 8 Tuesdays,
July 7–August 25
Time: 9:30–11:30 a.m.
Location: Community Center

INTERMEDIATE YOGA

The Intermediate Yoga classes build upon the Beginner level, offering traditional yoga practices, breathing exercises, movements, poses (postures), relaxation techniques, and meditation. This class is designed for those over age 60 who are more experienced in the practice of Yoga, including individuals who may have some physical limitations or challenges.

Fee: \$48
Dates: 8 Fridays,
July 10–August 28
Time: 9:30–10:35 a.m.
Location: Community Center

DROP-IN BRIDGE

Meet your bridge-playing friends at the Center for a cup of coffee, followed by a few games of bridge. In the fall we hope to add more opportunities for playing bridge, so remember to check the calendar and brochures frequently.

Fee: FREE
Dates: 8 Wednesdays,
July 8–August 26
Time: 9:00 a.m.–11:30 a.m.
Location: Community Center

BILLIARDS & TABLE TENNIS

Drop in during our normal operating hours and meet old friends or make new friends during a fun game of ping pong or pool. The rooms are open to all, and we gently ask that you limit your use of the tables to 1 hour if others are waiting to play. Check in at the transaction counter to see if any leagues have time booked.

Fee: FREE
Dates: Monday–Friday,
July 6–August 28
Time: 9:00 a.m.–4:00 p.m.
Location: Community Center
Billiards Room &
Table Tennis Room

DROP-IN BOARD GAMES & MAH JONGG

Do you like to play scrabble? How about chess, checkers, dominoes or Mah Jongg? If so, come on down to the Community Center on Monday afternoons throughout the summer!

Fee: FREE
Dates: 8 Mondays,
July 6–August 24
Time: 1:00–2:30 P.M.
Location: Community Center

SUMMER YOUTH AND ADULT TENNIS OPPORTUNITIES

The Recreation and Community Programs Department **Adult Tennis Program** is designed to give all players, regardless of ability, the opportunity to learn new skills and/or improve existing ones. The class schedule varies throughout the season to allow greater opportunities for participation. Each session includes 5 lessons. One or two rain dates are built into each session to accommodate same day and time make-up classes.

Class size is limited to a maximum of 8 per class, so advanced registration is required by mail, phone, online, or at the Recreation office. Registration is on a first come, first serve basis.

CLASSES ARE HELD AT THE GALLAGHER TENNIS COURTS.

*Participants are **NOT** allowed to attend lessons on days & times for which they have not registered and paid in order to make up a missed class.*

Saturday—A.M. : 9:00—B, 10:00—AB; 11:00—I \$82

- Summer Lessons: June 27—August 1 (no 7/4)
- Fall Lessons: *Due to court renovations classes will be advertised in the Fall brochure, published in August*

Wednesday—P.M. : 6:30—AB; 7:30—I \$82

- Summer Lessons: July 8—August 5

Thursday—P.M. : 6:00—B, 7:00—AB, 8:00—I \$82

- Summer Lessons: July 9—August 6
- Fall Lessons: *Due to court renovations classes will be advertised in the Fall brochure, published in August*

YOUTH SUMMER ADAPTIVE TENNIS LESSONS \$60/week

Ages: 6—16

Dates: 7—one week sessions (Monday—Thursday)
June 29, July 6, July 13, July 20, July 27,
August 3, and August 10

Time: 4:00—4:50 p.m.

Location: Gallagher Tennis Courts at the Center
Recreation Complex

Using guidelines and resources developed by the USTA, the Recreation and Community Programs Department is pleased to offer a series of adaptive tennis lessons for children and teens with disabilities or differing abilities and challenges, ages 6—16. The lessons are designed to promote the benefits of tennis to all, improve balance, mobility, agility, strength, fitness, self-confidence, and provide social interaction using Quick Start methods, courts and equipment.



The Recreation and Community Programs Department **Youth Tennis** staff is looking forward to another fun and exciting summer. Instructors will teach children using the **USTA Quick Start Tennis Program** with an exciting lesson and play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. Lexington Recreation **Quick Start** will divide players into three different levels: ages 5 & 6, ages 7 & 8 and ages 9 & 10. We will continue to offer lessons for children ages 11+, and a class for those age 4. Lessons will run Monday through Thursday at the **Gallagher Tennis Courts at the Center Recreation Complex**, with Friday reserved for rain make-ups. New sessions begin each Monday morning. Lessons will have a 1:6 staff to children ratio. Participants must bring a tennis racquet, sunscreen and a water bottle.

YOUTH TENNIS LESSONS

Age 4:	11:00—11:30 a.m.	\$45
Ages 5 & 6:	9:00—9:50 a.m.	\$70
	10:00—10:50 a.m.	\$70
Ages 7 & 8:	9:00—9:50 a.m.	\$70
	10:00—10:50 a.m.	\$70
Ages 9 & 10:	9:00—9:50 a.m.	\$70
	10:00—10:50 a.m.	\$70
Ages 11 +:	11:00 a. m.—12:30 p.m.	\$90

Session 1: June 29—July 2

Session 2: July 6—9

Session 3: July 13—16

Session 4: July 20—23

Session 5: July 27—30

Session 6: August 3—6

Session 7: August 10—13

YOUTH TENNIS CLINIC

Monday—Thursday, 2:00—5:00 p.m.

The **Afternoon Tennis Clinic** is designed for beginner and intermediate players ages 7—13. One or two weeks of drill work will emphasize match and tournament play. Participants will be exposed to different tournament styles and gain experience through daily practice. After an afternoon of tennis, participants have the option to cool off in the Town Pool at 4:30 or remain at the courts to scrimmage. Both options are supervised by tennis staff. Participants must bring a tennis racquet, snack, water bottle, sunscreen, bathing suit and towel. Everyone must be picked up by 5:00 p.m. in front of courts 3 & 4. The Tennis Clinic will run from 2:00—5:00 p.m., Monday through Thursday, with Friday used as a rain makeup.

Health History/Immunization form required.

Session 1: June 29—July 2 (\$115) **Session 2:** July 6—16 (\$190)

Session 3: July 20—30 (\$190) **Session 4:** August 3—6 (\$115)

SUMMER PRE-SCHOOL CLINICS AND CAMPS

KIDDIE CAT JAM - Ages 3 and 4

Soccer, t-ball, basketball, softee hockey, balloon ball, and kick ball are among the "sports" included in this week-long program. Games and other activities such as theme days are sprinkled in as well. **Health History/Immunization form required.**

Fee: \$65/week
Age: 3 & 4
Weeks: June 22–26, July 6–10 and July 13–17
Time: 8:30–9:20 a.m.
Location: Center Recreation Complex Field #2

KIDDIE CAT JAM - Ages 4 to 6

Soccer, t-ball, basketball, softee hockey, balloon ball, and kick ball are among the "sports" included in this week-long program. Games and other activities such as theme days are sprinkled in as well. **Health History/Immunization form required.**

Fee: \$130/week
Age: 4–6
Weeks: June 22–26, July 6–10 and July 13–17
Time: 9:30 a.m. - 12:00 noon
Location: Center Recreation Complex Field #2

CHALLENGER MINI SOCCER

A friendly low key introduction to the basics of soccer through games, stories, skill-building activities and fun. This new program is run by the popular **Challenger British Soccer Camps**. **Health History/Immunization form required.**

Fee: \$119/week
Age: 3–6
Weeks: August 3–7 and/or August 10–14
Time: 9:00–10:30 a.m. **OR** 10:30 a.m.–12:00 noon
Location: Center Recreation Complex

TEDDY BEAR PICNIC



Our friendly staff are looking forward to an exciting summer of making new friends, child-centered projects and activities and a whole lot of FUN! The program includes singing and movement activities, story and project time, group games and of course swimming and sand play at the **OLD RES.** We have changed the program hours for 2015. Teddy Bear Picnic will run from 9:00 a.m. to 12:00 noon.

Fee (week 1): \$90
Fee (weeks 2–7): \$110/week
Age: 3–6
Weeks: June 29–July 2*, July 6–10, July 13–17, July 20–24, July 27–31, August 3–7 and August 10–14
Time: 9:00 a.m.–12:00 noon
Location: Old Reservoir Picnic Area

*No program July 3

Pack a bag with a towel labeled with child's name, as well as a light snack and drink. Children should wear play clothes over their bathing suits.

WE LOVE TO GET MESSY! All children must be toilet trained.

Health History/ Immunization Form required.

TEDDY BEAR PICNIC LUNCH BUNCH



Teddy Bear campers are invited to spend an extra hour with their counselors enjoying more activities at the beach and a picnic lunch, which you bring. This option will be available on **Tuesday, Wednesday and Thursday** from 12:00 noon to 1:00 p.m. Registration by check or cash only on Monday of each week.

Fee: \$10/day or \$25/all 3 days
Time: 12:00 noon–1:00 p.m.
Location: Old Reservoir Picnic Area



SUMMER YOUTH SPORTS CLINICS

CHALLENGER BRITISH MULTI SPORT

Challenger's team of British coaches will provide your boys and girls, with a memorable week of nonstop action, fun and competition - all with a British twist! Children will learn new British sports and develop new skills with team-building activities that include Tag Rugby, Cricket, Rounders, Net Ball, Team Handball and more. They will also learn about respect, responsibility, integrity, sportsmanship and leadership, while playing hard, having fun and making new friends. Full day players should bring lunch. **No swimming. Health History/Immunization form required.**

Fee: \$173 (half day) \$236 (full day)
Age/Time: 7–12 9:00 a.m.—12:00 noon
7–14 9:00 a.m.—3:00 p.m.
Dates: July 13–17
Location: Center Track Field

ADVENTURE KIDS KAYAKING

This program offered by **Still River Outfitters** runs for 9 hours over 3 days. It combines recreational kayaking skill development with Adventure Education initiatives for a truly unique experience. Participants will learn to overcome challenges individually through paddling and as a team throughout fun challenge games. Staff members are ACA Certified instructors and Trained Adventure Facilitators.

Health History/Immunization form required.

Fee: \$170
Age: 8–14
Dates: Monday–Wednesday, July 13–15
Time: 2:00–5:00 p.m.
Location: Old Reservoir

SUMMER ARCHERY CLINICS

Learn to shoot a bow and arrow through this **Archery USA** junior development program taught by certified instructors. Students progress at their own pace.

No Swimming. Health History/Immunization form required.

Fee: \$125/week
Age: 9–14
Weeks: July 13–17 and/or August 3–7
Time: 9:00–10:45 a.m. **or**
11:00 a.m.—12:45 p.m.
Location: Lexington Community Center
39 Marrett Road

ELITE SOCCER CAMP

A co-ed program, run by **Tim Wheaton** former Head Coach at Harvard University, designed to provide a supportive environment where players can develop their individual skills and understanding of tactics of the game. Groups are divided by grade and ability. Players should wear shin guards, cleats, bring a water bottle, snack, lunch, soccer ball, water-proof sun-screen, and sneakers. Indoor space available during inclement weather.

No Swimming. Health History/Immunization form required.

Fee: \$155 (half)
\$260 (full)
Age: 6–12
Dates: Monday–Friday, July 20–24
Time: 9:00 a.m.—12:00 noon (half day)
9:00 a.m.—3:00 p.m. (full day)
Location: Diamond Middle School

ADVANCED ELITE SOCCER CAMP

Directed by **Tim Wheaton**, former Head Coach at Harvard University and 1999 National Coach of the Year, this program is designed for the serious, dedicated player with the desire to improve and progress to the next level. The curriculum will emphasize technique, in-depth tactics and small-sided play. Players should wear shin guards, soccer cleats and bring a soccer ball, water, snack and lunch, sneakers and water-proof sun screen. Indoor space available during inclement weather. **No Swimming. Health History/Immunization form required.**

Fee: \$155 (half)
\$260 (full)
Age: 12–18
Dates: Monday–Friday, July 20–24
Time: 9:00 a.m.—12:00 noon (half day)
9:00 a.m.—3:00 p.m. (full day)
Location: Diamond Middle School

BUDA ULTIMATE FRISBEE CLINICS

BUDA and Lexington Recreation and Community Programs are once again teaming up to provide a great introduction to Ultimate Frisbee. This fun, fast-paced sport is very popular at colleges and high schools (including LHS), as well as in adult recreation leagues. It's quickly becoming popular at the middle school level also. The program is designed to teach kids all the skills they need in order to play and have fun. Participants should wear cleats and bring a water bottle.

If needed, rain make-ups will be held July 22 and 24.

Fee: \$90
Age: 10–12 (U12) and 11–14 (U14)
Weeks: Wednesday and Friday, June 17–
July 17 (no July 1 or 3)
Time: 5:00–6:30 p.m.
Location: Adams Playground (behind Waldorf
School, Mass. Ave.)



SUMMER YOUTH SPORTS CLINICS

CHALLENGER BRITISH SOCCER



This **British Soccer** Camp is more than just a week of skills and drills. In addition to taking part in a daily regimen of foot skill development, technical and tactical practices and daily tournament style play, each child will also be treated to a rich cultural experience and lessons on teamwork, sportsmanship and self-discipline. All participants should bring a water bottle, sunscreen, shin guards, soccer ball and snack. Full day players should bring lunch. **No swimming. Health History/Immunization form required.**

Fee: \$172 (half day) \$234 (full day)
Age/Time: 7–15 9:00 a.m.—12:00 noon **OR**
7–15 9:00 a.m.—3:00 p.m.
Weeks: August 3–7 or August 10–14
Location: Center Track Field

BLUE SOX BASEBALL CLINIC

Improve your play with instruction and coaching by **BLUE SOX** players and coaches. Participants will learn about base running, bunting, stretching, defense and hitting. Participants are grouped according to age, grade and ability. Players should bring a water bottle and snack each day. The program runs Monday through Thursday with a Friday rain date. **No swimming. Health History/Immunization form required.**

Fee: \$160/week
Age: 8–14
Weeks: July 6–9, July 13–16; July 20–23;
July 27–30; August 3–6;
August 10–13
Time: 9:00 a.m.—1:00 p.m.
Location: Center #1 Baseball Field

THUNDERCAT DODGEBALL & SPORTS

Come have a (dodge) ball with Thundercat Sports! Gator skin safety balls will be used to ensure safety and fun. This program will consist of different dodge ball related games such as: Doctor, Bombardment, Jail Break and more. Other sports and games such as floor hockey, flag football, and soccer will be mixed in to create a fun and exciting program! Program is coed, and every participant receives a t-shirt, and certificate of achievement. Participants should bring a water bottle, snack, and apply sunscreen before arriving. For more information please visit www.thundercatsports.com. **No swimming. Health History/Immunization form required.**

Fee: \$115
Age: 7–12
Dates: June 29–July 2
Time: 9:00 a.m.—12:00 noon
Location: Center #2 Softball Field

THUNDERCAT FLAG FOOTBALL

Throw it, catch it, punt it...pigskins beware! Participants will learn fundamental skills from coaches through unique drills, games, and teaching techniques. Skills taught include passing, catching, running, offensive / defensive strategies, and more. Theme days, trivia, and a Super Bowl tournament at the end of the program add to the excitement! **The program is coed**, and every participant receives a **Thundercat** football, t-shirt, and certificate of achievement. **No Swimming. Health History/Immunization form required**

Fee: \$140 (half); \$190 (full)
Age: 8–14
Weeks: July 27–31
August 17–21
Time: 9:00 a.m.—12:00 noon (half day)
9:00 a.m.—3:00 p.m. (full day)
Location: Diamond Middle School

THUNDERCAT 3– SPORT CLINIC (flag football, dodgeball, kickball)

Thundercat Sports 3-sport program is designed to give a taste of several sports to young athletes. Enthusiastic coaches will referee, emphasize proper skills, rules, and give tips while maximizing playing time for each child. Unique games and activities will be mixed in creating a fun appropriately competitive atmosphere. The program culminates with tournament day! Program is coed, and every participant receives a t-shirt, and certificate of achievement. Participants should bring a water bottle, snack, and apply sunscreen before arriving. For more information please visit www.thundercatsports.com **No swimming. Health History/Immunization form required.**

Fee: \$140
Age: 7–12
Dates: July 20–24
Time: 9:00 a.m.—12:00 noon
Location: Center #2 Softball Field

DISCOVER THE FUN DAY CAMP

Discover the Fun is a theme based day camp program open to children *entering Grades 1 – 5* as of September 2015. The program will be held at Lexington High School.

NEW IN 2015: The basic camp day will run Monday through Friday, 8:30 a.m. to 3:30 p.m. Extended day hours are available until 4:30 p.m.

In addition to the facilities at LHS, campers will use the Town Pool, Gallagher Tennis Courts, Lincoln Park and the play facilities at the Center Recreation Complex. Each week the campers will participate in a wide variety of theme related games, sports, swimming and nature activities, group/team challenges, and create wonderful crafts projects. Discover the Fun offers weekly special events such as DJ Mike, Safe Routes to School, Historical Scavenger Hunt through Lexington Center, Tie Dye, Wacky Wednesdays and more!!!!

All staff are CPR and First Aid certified, and have had a successful CORI and SORI background checks.

Please contact the Recreation and Community Programs Department to obtain the camp specific application forms. **Health History/Immunization form required.**

The fees listed include a \$25.00 per week non-refundable registration fee. Non-residents are welcome. There is an additional \$10.00 non-resident fee per week. Basic day fees will in-

Basic Day Fee:s: \$184/week 1
\$230/weeks 2–7

Age : 6–11
Week One: June 29–July 2
Week Two: July 6–10
Week Three: July 13–17
Week Four: July 20–24
Week Five: July 27–31
Week Six: August 3–7
Week Seven: August 10–14
Time: 8:30 a.m.–3:30 p.m.

Extended Day Fees:
3:30–4:00 \$20/week 1
\$25/ weeks 2–7
3:30–4:30 \$40/week 1
\$50/ weeks 2–7

PLAY TO PLAY GIRLS BASKETBALL & LEADERSHIP CAMP

This program is being offered in partnership with **Play to Play Inc.**, a non-profit organization devoted to empowering girls through the game of basketball. All clinic instructors will have been trained in Play to Play's coaching workshop: "Coaching the Female Athlete". Directed by **Kathryn Robb and Liz O'Neil**, girls are invited to lace up their high tops and come elevate their game and have fun with other players and friends. Morning activities include basketball skills and drills, 3 v 3 and free throw competitions, while the afternoon will include the **"All Girls, All Leaders"** workshops and activities, followed by basketball games. Come elevate your game, tap into your inner leader, and feel the joy of the game."

Fee: \$175
Age:: 8–14 (grades 4–8)
Dates: July 6–9
Time: 9:00 a.m.–3:00 p.m.
Location: LHS Gym

GIRLS DEVELOPMENTAL BASKETBALL CLINICS

This clinic, offered by the Lexington Recreation and Community Programs Department in partnership with **Hoop Mountain** is designed for committed **girls basketball players** entering grades 7–12 who are looking to raise their skills to the next level. *Staff from Hoop Mountain and the LHS Girls Basketball team will be coordinating and facilitating this new focused clinic.* The clinic philosophy will be based on a progressive and intense skill development approach that **WILL BE** specific to the position played and chosen by each participant (Perimeter Players & Post Players). The girls will also experience some sport-specific tips and exercises that will improve their level of fitness. Fundamentals, footwork, game-situations, and improving basketball IQ will be the foundation for this aspect of the clinic. ***This program will take place at the Lexington High School Gymnasium.***

Age: 13–18 (entering grades 7–12)
Perimeter Player
Fee: \$150 resident / \$195 non-resident
Dates: August 3, 4, 5 9:00 a.m.–12:00 noon
Post Player
Fee: \$125 resident / \$175 non-resident
Date: August 6 9:00 a.m.–1:00 p.m.
Shooting/Scoring
Fee: \$150 resident / \$195 non-resident
Dates: August 3, 4, 5 12:30–3:30 p.m.
Combo Perimeter & Shooting
Fee: \$225 resident / \$250 non-resident
Dates: August 3, 4, 5 9:00 a.m.–3:30 p.m.
Combo Post Player & Shooting/Scoring
Fee: \$225 resident / \$250 non-resident
Dates: August 3, 4, 5 9:00 a.m.–3:30 p.m.



MINUTEMAN SPORTS CLINICS

BASEBALL

All participants will learn new skills to improve their overall game play.

Jason Rajotte, LHS P.E teacher, will guide participants through activities such as throwing, hitting, base running and all aspects of fielding. Through fun activities and modified games, participants will learn the skills needed to be successful on the diamond. Children need a baseball glove, water and a snack. **No Swimming.**

Fee:	\$110
Age:	6—10
Dates:	June 29—July 2
Time:	8:30 a.m.—12:00 noon
Location:	Lincoln Park Little League Field

JUNIOR GOLF PROGRAM

This program at Pine Meadows led again by **Jason Rajotte**, LHS P.E. teacher encourages teenage golfers to play with friends, while improving their game. Each time on the course will present different challenges from team competitions to scrambles. Instruction will focus on golf etiquette, rules of play and other focal points within the game of golf. Players must have playing experience and provide their own equipment. Fee includes general instruction and greens fees. **No Swimming.**

Fee:	\$170/week
Age:	13—18
Weeks:	July 13—16 July 27—30
Time:	1:00—4:00 p.m.
Location:	Pine Meadows Golf Club

STREET HOCKEY CLINICS

Street Hockey will be a coed clinic run by **Mandy Ciarletta**, Head Girls Varsity Ice Hockey Coach at Lexington High School. This program will focus on gradual skill development of the various skills associated with street hockey (stick handling, shooting, passing, etc.) and also some game related strategies. The clinic will end with a street hockey mini tournament.

Fee:	\$110/week
Age:	7—16
Weeks:	June 29—July 2 July 13—16
Time:	8:30 a.m.—12:00 noon
Location:	LHS Field House

SKATEBOARD CLINICS

Learn the fundamentals of skateboarding at the Lexington Skate Park. The Level 1 clinic, directed by **Kyle George**, will emphasize basic techniques, use of the park, and safety. Level 2, also directed by Kyle George, takes your skateboarding to the next level with instruction on tricks and use of the ramps, ledges, and rails. Beginners welcome. **All participants must bring a skateboard and helmet.**

Fee:	\$110/week
Age:	6—10
Weeks:	July 13—16 (Level 1) August 10—13 (Level 2)
Time:	8:30 a.m.—12:00 noon
Location:	Lexington Skate Park (Worthen Rd.)

ULTIMATE FRISBEE & FLAG

LHS P.E. teachers **Mandy Ciarletta** and **Steve Solly** will guide participants in activities geared to increase their Ultimate Frisbee and Flag Football knowledge, enjoyment and game play. This clinic will instruct participants in proper warm-up and fitness techniques, and is a nice compliment to the July evening BUDA program and the Thundercat Flag football clinic in August. No experience needed. This is a non-contact clinic!

Fee:	\$110
Age:	7—12
Dates:	July 27—30
Time:	8:30 a.m.—12:00 noon
Location:	Center Track Field

BADMINTON

Under the direction of **Vic Cuzzupe**, Lexington Public Schools teacher, participants in the beginner week will be introduced to the basics of this fun, popular, sport. The novice players will learn to serve, rally and volley. Participants in the intermediate level clinic will work on skills and participate in more advanced games and tournaments. Badminton is great aerobic exercise that helps increase endurance, reflexes and hand-eye coordination.

Fee:	\$110/week
Age:	8—16
Dates:	July 6—9 (beginner) July 27—30 (Intermediate)
Time:	8:30 a.m.—12:00 noon
Location:	LHS Gymnasium /Field House

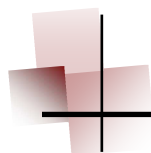
ROLLERBLADING CLINIC

Rollerblading will be a coed clinic run by **Mandy Ciarletta**, Head Girls Varsity Ice Hockey Coach at Lexington High School. This clinic will introduce students to the basic skills of rollerblading and then move towards more advanced skating skills (crossovers, skating clinic).

Fee:	\$110
Age:	7—16
Dates:	July 20—23
Time:	8:30 a.m.—12:00 noon
Location:	LHS Field House

UNLESS OTHERWISE NOTED, MINUTEMAN CLINIC PARTICIPANTS WILL SWIM FROM 11:30 a.m. —12:00 NOON, OR 2:00—3:00 PM. PICK UP IS AT THE TOWN POOL.

Minuteman Clinics run Monday—Thursday with Friday as a rain date if necessary



MINUTEMAN SPORTS CLINICS

MULTI SPORT CLINIC

This coed Minuteman Clinic, led by **Vic Cuzzupe**, aspires to use sports participation and learning as a means to improve self confidence, enhance the love and enjoyment of sports through skills development and to reinforce the importance of fairness, cooperation and team play during daily games.

BOYS HOOP I

With the experienced leadership and enthusiastic direction of Coach Bob Farias and staff, participants will not only gain insight into the game, but emphasis will be placed on the improvement of individual and team skills through drills, demonstrations, games and contests.

GIRLS HOOP I

The emphasis of this program, directed by LHS Girls Varsity Coach, **Steve Solly**, will be to reinforce basic skills and promote new skills, with drills, contests and game play. Participants should bring snack, lunch, bathing suit and towel. From 1:00—3:00 p.m. the girls will be swimming at the town pool. Afternoon pick up will be at the town pool.

COED VOLLEYBALL

Under the direction of **Barbara Locke**, Woburn coach and teacher, participants will be introduced to the basics of serving, hitting, spiking and setting. Fun games and activities will be used to engage the enthusiasm of both the novice and more experienced player.

FIELD HOCKEY

Join **Barbara Locke**, Woburn H.S. Varsity Field Hockey coach and former U.S. Field Hockey Team member, to learn the basics of field hockey and improve skills. Participants should bring water, stick, goggles, shin guards and mouth guard.

GIRLS HOOP II

Join LHS teacher and Girls Varsity Basketball coach **Steve Solly** to develop and improve basketball skills and teamwork. Games, drills, demonstrations and fun contests will be used to teach and reinforce skills.

BOYS HOOP II

This program, coordinated by Coach Bob Farias, will reinforce basic skills and promote new skills, with drills, contests and game play. Participants should bring snack and lunch, and bathing suit and towel. The boys will have the chance to swim at the Town Pool from 2:00—3:00 p.m. Afternoon pick up will be at the Town Pool.

SUMMER TRACK CLINIC

Participants will experience a new approach to Track and Field under the direction and guidance of **Russ Bosbach**, Bridge School P.E. Teacher. The clinic is for any child who would like to participate on a school track team or simply wants to have fun and learn some regular exercise techniques. Daily activities will give the athlete a chance to practice a variety of track events and learn the tenets of proper fitness.

HEALTH HISTORY/IMMUNIZATION RECORDS ARE REQUIRED FOR ALL PROGRAMS!

Fee: \$110 per week
Age: 6—12
Weeks: August 3—6 **and/or** August 10—13
Time: 8:30 a.m.—12:00 noon
Location: Center Complex #2 Softball Field

Fee: \$110
Age: 8—13
Dates: July 6—9
Time: 8:30 a.m.—12:00 noon
Location: Center Complex Basketball Courts

Fee: \$160
Age: 8—13
Dates: July 13—16
Time: 9:00 a.m.—3:00 p.m.
Location: LHS Gymnasium

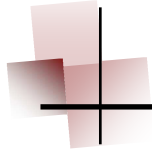
Fee: \$110
Age: 8—14
Dates: July 27—30
Time: 8:30 a.m.—12:00 noon
Location: LHS Gymnasium

Fee: \$110
Age: 8—13
Dates: July 20—23
Time: 8:30 a.m.—12:00 noon
Location: Lincoln Park Field #3

Fee: \$110
Age: 8—13
Dates: July 20—23
Time: 8:30 a.m.—12:00 noon
Location: Center Complex Basketball Courts

Fee: \$160
Age: 8—13
Dates: July 20—23
Time: 9:00 a.m.—3:00 p.m.
Location: LHS Gymnasium

Fee: \$110/week
Age: 8—14
Weeks: July 27—30
August 3—6
Time: 8:30 a.m.—12:00 noon
Location: Center Complex Track



CHESS, SCIENCE, TECH AND ART PROGRAMS

JUNE CHESS CLINIC

Join **Jim Della Selva** for a week-long chess clinic. This program will provide beginner and intermediate chess players with the opportunity to learn more about the game and practice their skills in chess matches and games.

Fee:	\$118
Age:	6—15
Dates:	Tuesday through Friday, June 23—26
Time:	2:30—4:30 p.m.
Location:	Community Center

SUMMER CHESS CLASS

These courses will teach fundamentals and combine instruction, play, group work, chess problems and games. Come learn and improve skills with instruction by U.S. Chess Federation expert, **Jim Della Selva**. **PLEASE NOTE: THESE CLASSES WILL BE HELD AT THE TOWN OFFICE BUILDING—REED ROOM.**

Fee:	\$104
Age:	6—15
Dates:	Beginner, Tues. July 7—August 11 Intermediate, Wed. July 8—August 12
Time:	6:00—7:00 p.m.
Location:	Town Office Building Reed Room

AUGUST CHESS MINI CLINIC

Join **Jim Della Selva** for a 3-day chess clinic. This program will provide beginner and intermediate chess players with the opportunity to learn more about the game and practice their skills in chess matches and games. Participants should bring a chessboard and be ready for a fun, challenging three days.

Fee:	\$100
Age:	6—15
Dates:	August 17, 18 & 19
Time:	2:00—4:15 p.m.
Location:	Community Center

LEXINGTON SUMMER CHESS CHAMPIONSHIP

This two-day tournament will be based on rules implemented by the U.S. Chess Federation, and will feature 2 rounds of play each day, combined with instruction to assist all players in the strategies of chess. The players will be divided according to grade and skill, and will receive a chess medal for participation. Trophies will be presented to the top 3 winners of each section.

Fee:	\$60 (tournament only) \$40 (with clinic)
Age:	6—15
Dates:	August 20 and 21
Time:	2:00—4:15 p.m.
Location:	Community Center

WICKED COOL FOR KIDS ~ MINECRAFT MANIA

Minecraft Mania is a blend of virtual learning and companion hands-on activities that explore science and engineering using Minecraft. Use an interactive avatar to investigate a game-based educational environment. Minecraft Mania lessons have both computer and real world components covering geology, engineering, physics, and biology. Serious Minecraft Maniacs will be excited to learn about the properties of rocks and minerals and take home their own rock collection. *Children must bring lunch.

Fee:	\$380
Age:	9—14
Dates:	July 13—17
Time:	9:00 a.m.—4:00 p.m. (full day only)
Location:	Community Center

WICKED COOL FOR KIDS ~ MINECRAFT MASTERCRAFTERS

Experience *Minecraft Mastercrafters*, an advanced Minecraft program where educational gaming is offered in conjunction with our hands-on science and engineering activities as focused, companion lessons. Kids, think you've got what it takes to be a Mastercrafter? Hone your Minecraft in this teacher-controlled platform where kids learn and interact virtually in a classroom setting. Student teams will explore, manipulate, problem-solve and build in worlds that have been customized for **Wicked Cool** learning activities. *Children must bring lunch.

Fee:	\$380
Age:	9—14
Dates:	July 6—10
Time:	9:00 a.m.—4:00 p.m. (full day only)
Location:	Community Center

WICKED COOL FOR KIDS ~ LEGO ENGINEERING

We've expanded our LEGO Engineering program to include STEM-based challenges and free-building—two things kids love! Kids will build mechanisms that incorporate gears, flywheels, and cams to build amazing contraptions. Problem solving challenges that kids will love!

Fee:	\$250
Age:	5—11
Dates:	August 3—7
Time:	9:00 a.m.—12:00 noon (half day)
Location:	Community Center

CHESS, SCIENCE, TECH AND ART PROGRAMS

BRICKS 4 KIDZ—Comic Creator

Bricks, Camera....COMIC Action!

Explore the artistic form of comic book design as you learn to create your personalized edition. Create your own characters, develop story lines and incorporate pictures of actual sets, all designed with LEGO® Bricks! After creating various scenes, campers will snap pictures and upload them, utilizing a software program to create their very own, one of a kind comic book. Along with honing your story telling skills, this camp is sure to take your imagination to the next level. At the end of the week, campers will be provided with a digital copy of the comic book they created. So, how's that for comic relief?

Fee: \$300

Age: 8—15

Dates: Monday—Friday, July 20—24

Time: 9:00 a.m.—12:00 noon

Location: Lexington Community Center

BRICKS 4 KIDZ—Movie Making 101

Light, cameras, LEGO® action! Use LEGO® bricks to tell YOUR story complete with music, special effects and all your favorite LEGO® mini-figure characters! In this unique and creative camp, students will plan, script, stage, shoot, and produce their own mini-movie using Stop Motion Animation. Working as a team, students will use LEGO® components to build the set and props, and then shoot their movie using a camera. Teams will use movie-making software to add special effects, titles, credits and more. When the movie is complete, campers will impress friends and family with a screening party on the last day of camp. Don't miss your chance to be a movie producer!

Fee: \$350

Age: 8—15

Dates: Monday—Friday, August 17—21

Time: 9:00 a.m.—12:00 noon

Location: Lexington Community Center

WICKED COOL FOR KIDS ~ ROCKET SCIENCE

All new Rocket Science is a blast for any junior rocketeer! Children will learn about propulsion by building compressed air rockets, water rockets and rockets that blast off via chemical reaction! For a fantastic finish, we will launch our own customized Estes Rocket on Friday (weather permitting).

Fee: \$250

Age: 5—11

Dates: August 10—14

Time: 9:00 a.m.—12:00 noon (half day)

Location: Lexington Community Center

PINOT'S PALETTE SUMMER OFFERINGS

Lexington Recreation and Community Programs is once again pleased to partner with Pinot's Palette to offer a variety of art classes for children age 6 to 11 this July and August.

Fee: \$225 (before 5/15) \$250 (after 5/15)

Age: 6—11

Time: 9:00 a.m.—1:00 p.m.

Location: Pinot's Palette, 7a Meriam Street

Moon, Stars and Beyond (July 6—10)

Summertime is all about having fun and getting creative! Think crazy constellations, glittering dreams, mixed media, and all the things that make YOUR little artist shine bright. Little artists will make new discoveries along the way creating their very own summer narratives.

The Great Outdoors (July 13—17)

Summertime is all about being outside! Think BIG adventure, creation of an original species, and exploration in all types of environments. We'll cover art fundamentals as little artists reach beyond to make new discoveries.

Name That Artist (July 20—24)

Paint like a master! Little artists will learn about famous artists and their techniques. Vincent Van Gogh, and Monet to name a few!

Wind and Sea (July 27—July 31)

To the sea! Little artists will explore sculpture, painting, and mixed media to create beautiful sea-themed works of art. Imaginations are free - and encouraged - to run wild in the creation of one-of-a-kind starfish, mermaids, and mysterious deep-sea creatures! We'll also design our own boats from up cycled materials to take part in a mini regatta!

Uncycled Art (August 3—7)

Anything is possible with a little imagination and recycled materials! Little artists will learn creative tricks to take their recyclables to the next level. Turn that milk jug into a bird feeder; sculpt aluminum foil flowers; and did you know an egg carton can make a great mask? ANYTHING is possible! Little artists will not only develop their art skills, but also learn to work as a team with their peers!

Summer Bugs and Butterflies (August 10—14)

Buzz, Chirp, Hum - Summer fun has begun! Discover the enchanted garden where fluttering butterflies, brilliant dragonflies, and delicate flowers come alive. Little artists will explore different mediums, such as acrylic paints, watercolor, clay, and mixed media to capture summer's most beautiful narratives.

Splish, Splash Summer (August 17—21)

Sea, sand, sky, and sun - we're sure you'll agree that the dog days of summer are best spent by the beach! Join us as we capture the joys of summer using acrylic paints, various types of paper, and materials found in nature to bring each little artist's Summer narrative to life.

Adventures Abroad (August 24—28)

Climb aboard and get ready to explore places such as Paris, London, and Australia. Go on a wild safari through the Amazon tropics or the African desert; see the Eiffel Tower up close, ride atop a double decker bus, or hop along with the kangaroos! Wrap up the week by returning home to the good ol' U.S. of A, and create your own treasure trove to showcase your travels.

FLAG FOOTBALL LEAGUE

NFL FLAG FOOTBALL LEAGUE

\$80 (\$90 after 8/1)

Dates: Sundays, September 13th — November 8th (9 weeks)
Registration deadline: Tuesday, August 25th

Ages and Times:

Ages 5 & 6 Co-ed	12:30—1:30 p.m. (\$50/child, \$60/child after 8/1)
Ages 7 & 8 Co-ed	12:00—1:30 p.m.
Ages 9—11 Co-ed	1:45—3:15 p.m.
Ages 12—14 Boys	12:00—1:30 p.m.
Ages 15—18 Boys	1:45—3:15 p.m.



Location: Lincoln Park



NFL FLAG Football is a popular five-on-five game filled with fun and action. The program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork and sportsmanship. Participants in each age group will be divided into teams of 8 to 10 players, coached by volunteer parents. If you are interested in being a volunteer coach, please indicate that when you register your child.

Weekly sessions will include a 45-minute practice followed by a 40-minute game. The first Sunday, September 13th, will be a day for team practices and games will begin on Sunday, September 20th.

Participants will receive a game jersey, can wear cleats (non-metal) or sneakers, and must wear a mouth guard. Please note jersey size when registering. This program is very popular, so be sure to register early!





What a Glorious Month to Visit Lexington

5th Annual Revolutionary Revelry

"Linger in Lexington" this May and enjoy 31 days of activities. There's something for everyone!

- **May Day Celebration and Fife and Drum Tattoo**

- Fitness Fridays
- Lex "Tee It Up"
- Delectable Dining
- Lex Fly A Kite
- Artists En Plein Air
- Get A Jump on the Olympics
- Battle Green BBQ Festival
- La Musique En Fete
- Community Picnic

Eat, Sing, Dance, Bike, Walk, Play your way through May!

To view the complete calendar visit: www.tourlexington.us/calendar.html



May 9 - 17, 2015

Visit our website for a calendar of FREE events including guided bike rides, walking tours, educational programs for kids and more!

What a glorious morning to leave your car at home!

www.LexBikeWalkBusWeek.org

Lexpress Summer Fun Pass

Buy an unlimited Lexpress pass for July
and get August FREE

Youth Summer Fun Pass: \$120 \$60

(For youth under age 18)

www.lexpress.us 781-861-1210



OTHER RECREATION AND LEISURE PURSUITS

Teresa and Roberta Lee Fitness Nature Path

The fitness and nature path is 1.35 plus miles and wanders through delightful natural areas as well as around the playing fields at Lincoln Park. There are fifteen (15) self-directed, accessible exercise stations for fitness and nature enthusiasts of all levels to enjoy. The Teresa and Roberta Lee Fitness ~ Nature Path can be accessed from either the entrance to Lincoln Park or from Worthen Road across from the Center Recreation Complex.

Community Gardens

Registration for garden plots for new gardeners are ongoing. Please call the Conservation office at 781-698-4521.

Bicycling

Maps of Lexington bike paths are available at the Recreation and Community Programs Department office, Conservation office, and the Chamber of Commerce.

Ball Field Permits

A limited number of ball fields are available for residents to use, field conditions permitting. **Permits are required for play on ALL fields.** Permits are issued at the Recreation Department office on a first-come, first-serve basis. Please contact the Recreation and Community Programs Department.

ED2GO ~ Online Education Courses

Update your skills, discover a new talent, or chart a career path at your own pace and at your convenience with our online courses. Each course runs for six weeks and is comprised of 12 lessons. All materials are made available to you over the World Wide Web. All you need to get started is Internet access, an email address and a Web browser. Take a look at the online site: www.ed2go.com/lexrec to view courses.

Stone Meadow Summer Youth Golf Clinics

Fee: \$135 payable to Stone Meadow

Dates: July 6–9; July 20–23; August 3–6
August 17–20

Ages/Times: 7–10 8:00 a.m.
11–13 9:00 a.m.

Location: Stone Meadow Golf,
675 Waltham St., Lexington

The Town of Lexington Recreation and Community Programs Department and Pine Meadows Golf Club are pleased to provide Junior Golf Clinics for 2015 at Stone Meadow Golf. These are beginner's clinics for kids to learn the fundamentals of the golf swing and gain insight into the wonderful game of golf.

Contact Stone Meadow Golf at 781-863-0445 to register.

PINE MEADOWS GOLF CLUB

Pine Meadows Golf Club is owned by the Town of Lexington and managed by the New England Golf Corporation.

Play on elevated tees, tree-lined fairways and the rolling greens of Lexington.

NO METAL SPIKES ALLOWED. Call the Pro Shop at (781) 862-5516 for schedules.

Golf ID Cards for Lexington Residents

\$10/person

To better accommodate Lexington residents, tee times at Pine Meadows Golf Club may be made 14 days in advance prior to the general public with the purchase of a \$10.00 ID Card. Golf ID cards are sold at the Recreation and Community Programs Department office only.

Pine Meadows Fee Schedule (9 holes)

	<u>Residents</u>	<u>Non-Residents</u>
Weekends	\$21	\$24
Weekdays	\$19	\$22
Golf Carts	\$18	\$18

Special Mon-Thurs before 3:00 p.m.

	<u>Residents</u>	<u>Non-Residents</u>
Seniors (62+)	\$16	\$18
Juniors (under 18)	\$16	\$18

Player Discount Cards & Monday–Thursday Replay Program

Golfers are encouraged to contact Pine Meadows Golf Club at (781) 862-5516 for information and fees for Player "Loyalty" Discount Cards as well as the Monday–Thursday (11:00 a.m.–3:00 p.m.) replay option for \$10.00.

Family Golf

Are you looking for a fun evening of golf with your family? Bring your family (must have at least 1 adult and 1 child) and play 4 holes of golf. Check with the clubhouse staff to sign up on a first come, first-served basis. **\$11/person**

Town of Lexington
SUMMER 2015 CAMP & CLINIC
EMERGENCY INFORMATION & HEALTH FORM

PLEASE RETURN PROMPTLY TO:

Lexington Recreation and Community Programs
1625 Massachusetts Avenue
Lexington, MA 02420

CHILD'S NAME _____

CHILD'S DATE OF BIRTH _____ Last _____ First _____ Middle Initial _____
AGE _____ MALE ____ FEMALE ____ FALL 2015 GRADE _____

ADDRESS _____ ZIP _____

HOME # _____ CELL # _____ EMAIL: _____

MOTHER (OR GUARDIAN) _____ WK # _____ CELL # _____

FATHER (OR GUARDIAN) _____ WK # _____ CELL # _____

* * * * *

EMERGENCY INFORMATION: If a parent is not available, please notify:

NAME _____ RELATIONSHIP TO CHILD _____

ADDRESS _____ PHONE# _____

BUSINESS PHONE # _____ CELL # _____

FAMILY PHYSICIAN _____ PHONE# _____

DENTIST / ORTHODONTIST _____ PHONE# _____

INSURANCE CARRIER _____ POLICY# _____

* * * * *

HEALTH HISTORY:

Please fill out the information below. You **MUST ALSO** attach a copy of your child's immunizations and physical record to this form.

IMMUNIZATIONS: Please list dates and **attach a copy of the signed Physician/Immunization Report**

Measles/Mumps/Rubella _____

DPT/TPV _____

Tetanus _____

Tuberculin Test (most recent date & results) _____

Other Immunizations _____

DOES YOUR CHILD HAVE ANY SPECIAL NEEDS THAT THE LEADERS NEED TO BE AWARE OF? IF YES PLEASE EXPLAIN. _____

WHAT SPECIFIC ISSUES RELATING TO PARTICIPANT'S SOCIAL BEHAVIOR AND EDUCATIONAL DEVELOPMENT SHOULD STAFF BE AWARE OF? INCLUDE FOOD ISSUES, FEARS, INTERESTS, ETC. _____

PLEASE CONTINUE ON REVERSE SIDE

HEALTH HISTORY CONTINUED:

DOES THIS CHILD HAVE ANY ALLERGIES? (Please specify)

DOES THIS CHILD HAVE ANY MEDICAL PROBLEMS REQUIRING SPECIAL ATTENTION? (Please specify)

Please check box and/or circle which program or programs you will be attending.

Program	Dates	Locations
<input type="checkbox"/> Blue Sox Baseball	July 6; July 13; July 20; July 27; August 3 August 10	Center #1 Baseball Field
<input type="checkbox"/> Thundercat Sports Clinics (Kiddie Cat Jam)	June 22–26; July 6–10; July 13–17	Center Recreation Complex
<input type="checkbox"/> Thundercat Dodgeball & Sports	June 29–July 2	Center #2 Softball
<input type="checkbox"/> Thundercat 3–Sport Clinic	July 20–24	Center #2 Softball
<input type="checkbox"/> Thundercat Sports Flag Football	July 27–31; August 17–21	Diamond Middle School Field
<input type="checkbox"/> Challenger British Multi-Sport	July 13–17	Center Track Field
<input type="checkbox"/> Girls Developmental Basketball (Hoop Mountain)	August 3–6	LHS Gym
<input type="checkbox"/> Adventure Kids Kayaking	July 13, 14, 15	Old Reservoir
<input type="checkbox"/> Challenger Soccer Clinics	August 3–7; August 10–14	Center Track Field
<input type="checkbox"/> June Chess Clinic	June 23–26	Lexington Community Center
<input type="checkbox"/> August Chess Clinic/Chess Tournament	August 17–21	Lexington Community Center
<input type="checkbox"/> Wicked Cool for Kids	July 6–10; July 13–17 August 3–7; August 10–14	Lexington Community Center
<input type="checkbox"/> Elite Soccer Clinic	July 20–24	Diamond Middle School
<input type="checkbox"/> Discover the Fun Camp	June 29; July 6, July 13; July 20; July 27 August 3; August 10	Lexington High School
<input type="checkbox"/> Archery Clinic	July 13–17; August 3–7	Lexington Community Center
<input type="checkbox"/> Minuteman Sports Clinics _____	June 29 – August 13	Center Complex/Lincoln Park
<input type="checkbox"/> Teddy Bear Picnic	June 29; July 6, July 13; July 20; July 27; August 3; August 10	Old Reservoir Picnic Area
<input type="checkbox"/> Youth Tennis Clinics	June 29; July 6; July 20; August 3	Gallagher Tennis Courts

PERMISSION: Parents, please read and sign the Medical Consent and Release of Liability below to complete registration.

I/WE, the parent(s)/guardian(s) of _____, a minor, do hereby consent to his/her participation in the Town of Lexington **Recreation and Community Programs** sponsored programs, pictures to be taken of my/our child for advertisement or promotion of programs and to his/her use of the recreational facilities and equipment of the Town of Lexington. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorneys from any and all liability or expenses arising out of any incident involving, or on account of any injury to the above named minor in connection with such program, hereby give permission to the Town of Lexington Department of Recreation and Community Programs staff to provide and administer immediate first aid and authorize a physician at a local hospital to secure proper treatment for my/our child as named above if the need arises.

As the undersigned parent/guardian I understand that no confirmations will be mailed and no refunds will be given after the start of the program. Further, this verifies that the participant is up to date with their immunizations and is able to participate in all activities.

Signature _____ Print Name _____ Date _____

NOTE: This EMERGENCY INFORMATION / HEALTH FORM **MUST** be returned to the Recreation office a **minimum of 14 days** prior to the start of the program. **Your child will not be allowed to participate in the program unless this form is on file** and reviewed by the Lexington Health Department.

Please return this form and a copy of you child's physical and immunization record to:

Lexington Recreation and Community Programs
1625 Massachusetts Avenue
Lexington, MA 02420

PLEASE FILL OUT BOTH SIDES OF THIS FORM.

**Lexington Recreation and Community Programs
Mail-In Registration Form**

Last Name _____ First Name _____ M _____ F _____

Address _____

Home Phone _____ Work Phone _____ Cell # _____

Email Address (please print) _____

Grade

D.O.B. _____ Age _____ Fall 15 _____ School _____ T-shirt size _____

Emergency Contact Name & Phone _____

Special instructions and/or information that the instructor needs to be aware of:

(medical concerns, allergies, special needs, etc.) _____

I/We, the parent(s)/guardian(s) of _____ a minor, or I, _____
_____ hereby consent to participation in the Town of Lexington Department of Recreation and Community Programs, pictures to be taken of my/our child for advertisement and/or promotion of program and to his/her use of recreational facilities and equipment of the Town of Lexington. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorneys from any and all liability or expenses arising out of any incident involving, or on account of any injury to the above named minor in connection with such program, hereby give permission to the Town of Lexington Department of Recreation and Community Programs staff to provide and administer immediate first aid and authorize a physician at a local hospital to secure proper treatment for my/our child as named above if the need arises.

Adult Participant or Parent Signature _____ **Date** _____

Please Print Adult Participant or Parent Name _____

Program Title	Date/Day/Session	Time	Fee
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____

I would like to donate to the Recreation and Community Programs financial aid fund which allows children to participate in Recreation and Community Programs in the community.

Donation Amount \$ _____

TOTAL PAYMENT INCLUDED (program fees & donation): \$ _____

Type of Payment: VISA _____ MasterCard _____ Discover _____ Check _____ Cash _____

If paying by credit card: Card Account # _____ Exp Date _____

Cardholder Signature _____

Make checks payable to the TOWN OF LEXINGTON and mail registration and payment to:

Lexington Recreation and Community Programs

1625 Massachusetts Avenue, Lexington, MA 02420

You may also use the Town Hall Drop Box in front of the Cary Hall Building

Town of Lexington
Recreation and Community Programs Department
1625 Massachusetts Avenue
Lexington, MA 02420

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THINGS TO LOOK FOR IN OUR FALL BROCHURE

- ♦ Viking Soccer Clinic
- ♦ In-Town Basketball League
- ♦ Youth Basketball Clinic
- ♦ Nashoba Valley Ski and Snowboard Programs
- ♦ New Wellness, Fitness, Drop-In, Socialization and Special Events at the Community Center
- ♦ Smart Start and Adaptive Basketball
- ♦ How to receive Recreation and Community Programs (including Lexington Community Center updates) through Constant Contact Newsletters